

**Full Report (All Nutrients) 01016, Cheese, cottage, lowfat, 1% milkfat**

Report Date:September 16, 2015 07:37 EDT

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

| Nutrient  | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 4.0 oz<br>113g | 1 cup (not packed)<br>226g |
|---|------|------------------------|----------------|------------|----------------|----------------------------|
| <b>Proximates</b>   |      |                        |                |            |                |                            |
| Water   | g    | 82.48                  | --             | --         | 93.20          | 186.40                     |
| Energy  | kcal | 72                     | --             | --         | 81             | 163                        |
| Energy  | kJ   | 303                    | --             | --         | 342            | 685                        |
| Protein   | g    | 12.39                  | 8              | 0.455      | 14.00          | 28.00                      |
| Total lipid (fat)   | g    | 1.02                   | 5              | 0.097      | 1.15           | 2.31                       |
| Ash   | g    | 1.39                   | 7              | 0.064      | 1.57           | 3.14                       |
| Carbohydrate, by difference                                       | g    | 2.72                   | --             | --         | 3.07           | 6.15                       |
| Fiber, total dietary  | g    | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Sugars, total   | g    | 2.72                   | --             | --         | 3.07           | 6.15                       |
| <b>Minerals</b>   |      |                        |                |            |                |                            |
| Calcium, Ca   | mg   | 61                     | --             | --         | 69             | 138                        |
| Iron, Fe  | mg   | 0.14                   | --             | --         | 0.16           | 0.32                       |
| Magnesium, Mg   | mg   | 5                      | --             | --         | 6              | 11                         |
| Phosphorus, P   | mg   | 134                    | --             | --         | 151            | 303                        |
| Potassium, K  | mg   | 86                     | --             | --         | 97             | 194                        |
| Sodium, Na  | mg   | 406                    | --             | --         | 459            | 918                        |
| Zinc, Zn  | mg   | 0.38                   | --             | --         | 0.43           | 0.86                       |
| Copper, Cu  | mg   | 0.028                  | --             | --         | 0.032          | 0.063                      |
| Manganese, Mn   | mg   | 0.003                  | --             | --         | 0.003          | 0.007                      |
| Selenium, Se  | µg   | 9.0                    | --             | --         | 10.2           | 20.3                       |
| Fluoride, F <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> | µg   | 31.6                   | 21             | 9.411      | 35.7           | 71.4                       |
| <b>Vitamins</b>   |      |                        |                |            |                |                            |
| Vitamin C, total ascorbic acid                                    | mg   | 0.0                    | --             | --         | 0.0            | 0.0                        |

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|------------------------------|------|------------------------|----------------|------------|----------------|----------------------------|
| Thiamin                      | mg   | 0.021                  | --             | --         | 0.024          | 0.047                      |
| Riboflavin                   | mg   | 0.165                  | --             | --         | 0.186          | 0.373                      |
| Niacin                       | mg   | 0.128                  | --             | --         | 0.145          | 0.289                      |
| Pantothenic acid             | mg   | 0.215                  | --             | --         | 0.243          | 0.486                      |
| Vitamin B-6                  | mg   | 0.068                  | --             | --         | 0.077          | 0.154                      |
| Folate, total                | μg   | 12                     | --             | --         | 14             | 27                         |
| Folic acid                   | μg   | 0                      | --             | --         | 0              | 0                          |
| Folate, food                 | μg   | 12                     | --             | --         | 14             | 27                         |
| Folate, DFE                  | μg   | 12                     | --             | --         | 14             | 27                         |
| Choline, total               | mg   | 17.5                   | --             | --         | 19.8           | 39.6                       |
| Vitamin B-12                 | μg   | 0.63                   | --             | --         | 0.71           | 1.42                       |
| Vitamin B-12, added          | μg   | 0.00                   | --             | --         | 0.00           | 0.00                       |
| Vitamin A, RAE               | μg   | 11                     | --             | --         | 12             | 25                         |
| Retinol                      | μg   | 11                     | --             | --         | 12             | 25                         |
| Carotene, beta               | μg   | 3                      | --             | --         | 3              | 7                          |
| Carotene, alpha              | μg   | 0                      | --             | --         | 0              | 0                          |
| Cryptoxanthin, beta          | μg   | 0                      | --             | --         | 0              | 0                          |
| Vitamin A, IU                | IU   | 41                     | --             | --         | 46             | 93                         |
| Lycopene                     | μg   | 0                      | --             | --         | 0              | 0                          |
| Lutein + zeaxanthin          | μg   | 0                      | --             | --         | 0              | 0                          |
| Vitamin E (alpha-tocopherol) | mg   | 0.01                   | --             | --         | 0.01           | 0.02                       |
| Vitamin E, added             | mg   | 0.00                   | --             | --         | 0.00           | 0.00                       |
| Vitamin D (D2 + D3)          | μg   | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Vitamin D                    | IU   | 0                      | --             | --         | 0              | 0                          |
| Vitamin K (phylloquinone)    | μg   | 0.1                    | --             | --         | 0.1            | 0.2                        |
| <b>Lipids</b>                |      |                        |                |            |                |                            |
| Fatty acids, total saturated | g    | 0.645                  | --             | --         | 0.729          | 1.458                      |
| 4:0                          | g    | 0.033                  | 1              | --         | 0.037          | 0.075                      |
| 6:0                          | g    | 0.007                  | 1              | --         | 0.008          | 0.016                      |
| 8:0                          | g    | 0.008                  | 7              | 0.001      | 0.009          | 0.018                      |
| 10:0                         | g    | 0.019                  | 7              | 0.002      | 0.021          | 0.043                      |
| 12:0                         | g    | 0.016                  | 7              | 0.003      | 0.018          | 0.036                      |
| 14:0                         | g    | 0.107                  | 7              | 0.011      | 0.121          | 0.242                      |

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|------------------------------------|------|------------------------|----------------|------------|----------------|----------------------------|
| 16:0                               | g    | 0.308                  | 7              | 0.030      | 0.348          | 0.696                      |
| 18:0                               | g    | 0.116                  | 7              | 0.012      | 0.131          | 0.262                      |
| Fatty acids, total monounsaturated | g    | 0.291                  | --             | --         | 0.329          | 0.658                      |
| 16:1 undifferentiated              | g    | 0.036                  | 7              | 0.005      | 0.041          | 0.081                      |
| 18:1 undifferentiated              | g    | 0.239                  | 7              | 0.024      | 0.270          | 0.540                      |
| 20:1                               | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| 22:1 undifferentiated              | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| Fatty acids, total polyunsaturated | g    | 0.031                  | --             | --         | 0.035          | 0.070                      |
| 18:2 undifferentiated              | g    | 0.022                  | 7              | 0.003      | 0.025          | 0.050                      |
| 18:3 undifferentiated              | g    | 0.009                  | 7              | 0.002      | 0.010          | 0.020                      |
| 18:4                               | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| 20:4 undifferentiated              | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| 20:5 n-3 (EPA)                     | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| 22:5 n-3 (DPA)                     | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| 22:6 n-3 (DHA)                     | g    | 0.000                  | --             | --         | 0.000          | 0.000                      |
| Cholesterol                        | mg   | 4                      | --             | --         | 5              | 9                          |
| <b>Amino Acids</b>                 |      |                        |                |            |                |                            |
| Tryptophan                         | g    | 0.138                  | --             | --         | 0.156          | 0.312                      |
| Threonine                          | g    | 0.550                  | --             | --         | 0.622          | 1.243                      |
| Isoleucine                         | g    | 0.728                  | --             | --         | 0.823          | 1.645                      |
| Leucine                            | g    | 1.274                  | --             | --         | 1.440          | 2.879                      |
| Lysine                             | g    | 1.002                  | --             | --         | 1.132          | 2.265                      |
| Methionine                         | g    | 0.373                  | --             | --         | 0.421          | 0.843                      |
| Cystine                            | g    | 0.115                  | --             | --         | 0.130          | 0.260                      |
| Phenylalanine                      | g    | 0.668                  | --             | --         | 0.755          | 1.510                      |
| Tyrosine                           | g    | 0.660                  | --             | --         | 0.746          | 1.492                      |
| Valine                             | g    | 0.767                  | --             | --         | 0.867          | 1.733                      |
| Arginine                           | g    | 0.565                  | --             | --         | 0.638          | 1.277                      |
| Histidine                          | g    | 0.412                  | --             | --         | 0.466          | 0.931                      |
| Alanine                            | g    | 0.643                  | --             | --         | 0.727          | 1.453                      |
| Aspartic acid                      | g    | 0.839                  | --             | --         | 0.948          | 1.896                      |
| Glutamic acid                      | g    | 2.684                  | --             | --         | 3.033          | 6.066                      |
| Glycine                            | g    | 0.270                  | --             | --         | 0.305          | 0.610                      |

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|----------------|------|------------------------|----------------|------------|----------------|----------------------------|
| Proline        | g    | 1.435                  | --             | --         | 1.622          | 3.243                      |
| Serine         | g    | 0.695                  | --             | --         | 0.785          | 1.571                      |
| <b>Other</b>   |      |                        |                |            |                |                            |
| Alcohol, ethyl | g    | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Caffeine       | mg   | 0                      | --             | --         | 0              | 0                          |
| Theobromine    | mg   | 0                      | --             | --         | 0              | 0                          |

**Sources of Data**

<sup>1</sup>Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

<sup>2</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, New York State Fluoride Analysis Contract - report date 12/1/1988

<sup>3</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion